

Summer 2018

HealthNotes

A quarterly publication from



CELEBRATING 25 YEARS
1993-2018

**FIVE YEARS
OF CANCER CARE
CLOSER TO HOME**



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The Marshall Cancer Care Center turns 5 in July – help us celebrate!

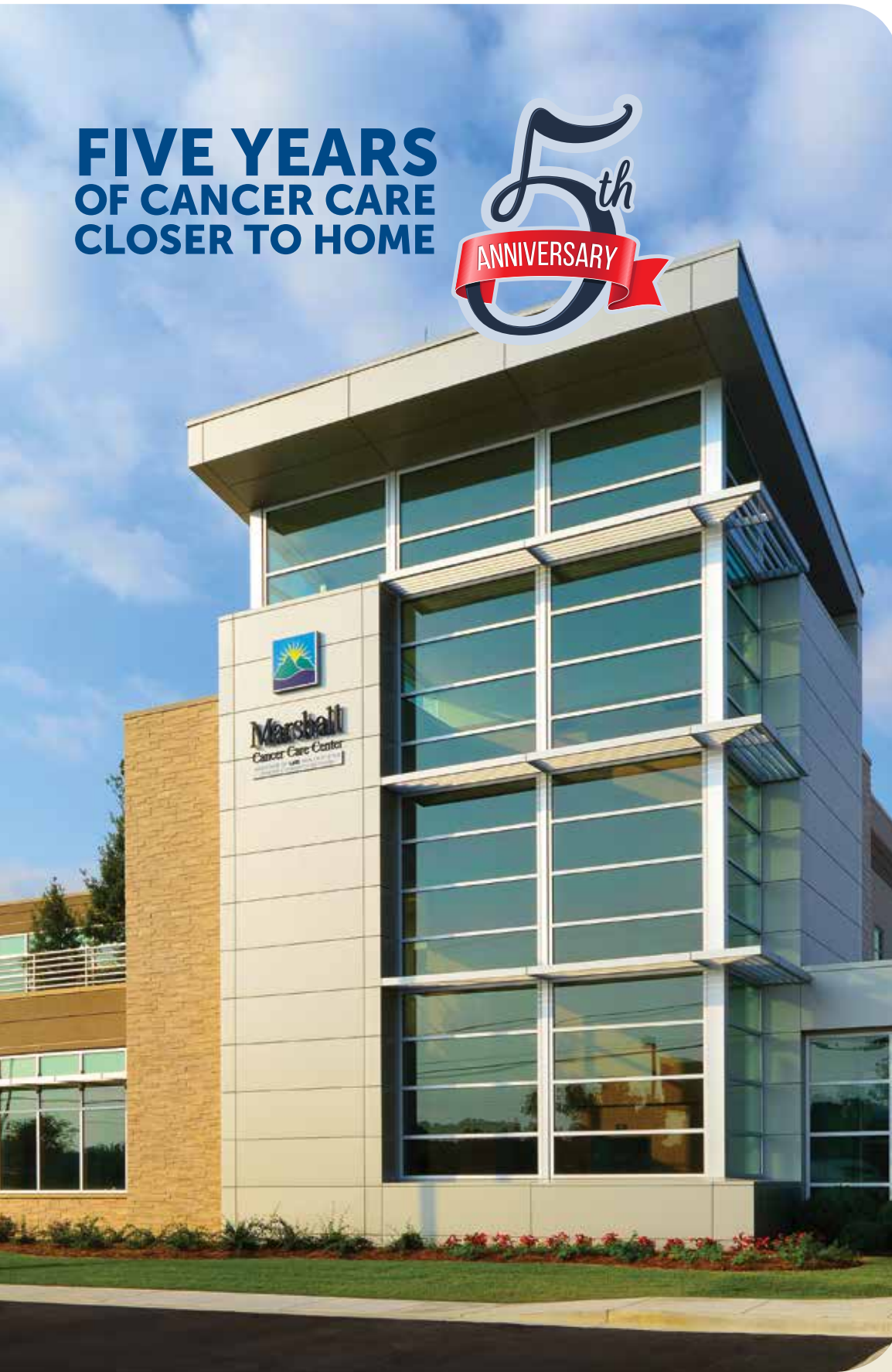
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RETIREMENT LEADS TO **NEW BOOK, A BLOG AND** NOT SLOWING DOWN ONE BIT

By Rose Myers - Marshall Medical Centers

Nancy Stewart pours her heart into everything she does. Whether it was her banking career, her volunteer work, church activities or cooking, she always gives it her all. That hasn't changed in her retirement – unless she's working even harder. Stewart is an author, speaker, teacher, blogger and board member of the Marshall County Health Care Authority. Whew! No slowing down for this senior.

After spending 31 years in the world of finance as a market president for a top ten national bank, Stewart retired and channeled her energy and creativity into writing. A ministry called "Faith & Grace" – Stewart's two favorite words – allows her to share her testimony in blog form and as a speaker. A publisher noticed her blog, which led to her book, "Feeding the Body and the Soul." It combines two passions: cooking and spiritual encouragement. It was inspired by warm memories of growing up around her mother's dinner table.

"We took time to talk to each other, discuss our day and have a prayer to express thankfulness for our blessings," she wrote. "It was my favorite time of the day because it combined my two favorite things: good food for the body and good faith-based conversation for the soul."

The recipes are simple and delicious ones Stewart has whipped up over the years for the sick, the grieving or to feed co-workers. She's sharing them now in her effort to 'bring back the family dinner,' with what she calls "an investment in your family's future."

In the pages of the combination cookbook and devotional, Stewart offers humor, including heartwarming tales about her mother, lovingly called Boo. She believed the way to make any bad situation better was to bake a cake and deliver it. Another gem came during a Bible study on the book of Acts led by Stewart. Her mom spoke up and with wisdom never forgotten by her daughter.

"Denominations are man-made. God just wanted us to love each other, follow his simple commandments and spread his gospel. When we started adding our personal interpretation of every word in the Scripture, that's when the division started."

Stewart also has penned a children's book – "The Perils for Positively Perfect Penelope" – and is working on her third.

A large part of Stewart's volunteer work has been serving on the board for the Marshall County Health Care Authority, which runs Marshall Medical Centers. When the board wanted to build a cancer center so patients could get treatments without having to travel, Stewart put her years of fundraising to good use. She was inspired by her sister, whose throat



*After retiring from banking,
Stewart started a ministry
and became an author.*



Stewart has spent a lot of time on the lecture circuit

cancer forced her to drive to and from Vanderbilt Hospital six days a week. All her sister wanted was to get her treatments 'closer to home.' That was the tagline for the new Cancer Care Center, for which Stewart helped raise \$3 million of the total \$9 million project in 2013. (See related article on page 5.)

"It was the easiest fundraising I've ever done," she said. "I didn't have one person turn me down."

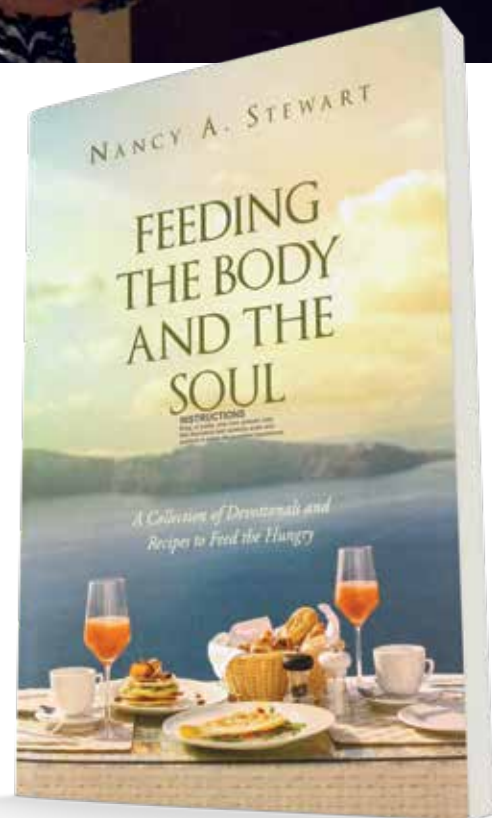
A horrific car accident 18 years ago severely injured Stewart and almost took her leg. She can't say enough about the excellent care she got then that saved her life.

"I trusted this hospital here to put me back together," she said. "I was like Humpty Dumpty."

As a community-owned, not-for-profit hospital system, Marshall Medical Centers re-invests earnings into expanded services and technology to benefit the community.

"If you have to go to the hospital, this is a good place to go," she said. "Equipment is very costly. We want everything to be state-of-the-art because you deserve that."

Stewart and her husband Tommy live in Arab, where she teaches Sunday school, plus leads small study groups and weekly Bible studies. She also delivers workshops and seminars on topics ranging from Christian Priority Management to Finding the Humor in Every Day. The Stewart's daughter Jordan lives in Madison.



As a published author, Stewart makes her book available on Amazon.



FALLS ARE NOT A NORMAL PART OF AGING

Prepare yourself to avoid falls and learn how to fall when you can't avoid it.

Get this: Falls are the number one cause of injuries in older people, but falling is NOT a normal part of aging. That myth perpetuates a vicious cycle of fear and then less activity, which can actually lead to a fall, and cause more fear.

More than one out of four people fall each year and fewer than half tell their doctors, according to the Centers for Disease Control. Even with no injury, these people may become fearful and therefore, less active. Breaking the cycle might start with understanding that cutting back on activity and staying home doesn't help prevent falls. Most falls happen in the home. Physical activity is a crucial part of fall prevention for seniors. Activities such as strength and balance exercises can help improve balance.

"As muscles get stronger, especially in the core, you may be able to stop a fall," said Cathy Wilson, MSN, RN, ACNP-BC, Vanderbilt University Medical Center's trauma outreach/injury prevention coordinator.

Stronger muscles can make everyday things such as getting up from a chair or playing with grandchildren easier. Lower-body exercises help improve balance.

While prevention is key, some falls may happen anyway. In that case, falling the right way might lessen the chance for injury.

"If possible, try not to lock knees or elbows and continue to roll and go with the fall," Wilson said. "Think about bending and not being so rigid as you go down."

Our instinct is to stop the fall by throwing out our hands, but if we go with it, bent, we might avoid breaking bones. – *From My Southern Health*

GOLDCARE 55+ MEMBERS GO PLACES

Mystery Trip

October 11, 2018 • Cost is \$129

Deadline to register is September 1, 2018

Another Mystery Trip will have you and your friends guessing all the way to the surprise destination. The suspense is part of the fun! Sign up by Sept. 1 and start speculating on where you're going.

Blue Ridge Scenic Railway

November 7-9, 2018

Deadline to register is August 15, 2018

This 26-mile round-trip journey winds through charming mountain villages and along the beautiful Toccoa River in your choice of vintage, climate-controlled rail cars or open-air rail cars. Another beautiful destination on the trip is Gibbs Gardens, one of the nation's largest private gardens. With 24 ponds, 32 bridges and 19 waterfalls, it's world class. Afterwards, see Dahlonega, Georgia, a jewel set in the North Georgia mountains.

Three days with two nights lodging, three breakfasts and two dinners, admission to Gibbs Garden and preferred seating on The Blue Ridge Scenic Railway: \$100 Deposit due at registration on or before August 15. Balance is due October 1.
Double: \$549 • Triple: \$489 • Single: \$689

Kentucky Derby

May 2-5, 2019 • \$100 deposit due by August 1, 2018

See trip details on page 6.

Danube River Cruise

Call to get your name on the waiting list for the Danube River Cruise June 1-11, 2020.

Very limited space.

Islands of New England

New! Save the date for Islands of New England: October 11-19, 2019.

Deposit due April 4, 2019.

These are trips to enjoy! Sign up soon for a GoldCare 55+ trip.

Traveling with a GoldCare 55+ group is wonderful for seniors because of the safety of seeing new sites with people you know. Having your name on a trip roster is exciting and gives you a treat to look forward to! Join us for a great outing!



GoldCare 55+ travelers riding a dome train through Alaska were awed by views of snow-covered landscapes and wildlife.



Anchorage was the last stop before boarding the Golden Princess for a seven-day cruise with views of glaciers through the inside passage.



April's Mystery Trip went to Samford University's Planetarium.



The Mystery Trip also included shopping after dinner.



The GoldCare 55+ Hiking Club's first outing in April was to High Falls to see a full-flowing waterfall and allowed hikers to walk as far or as little as they wanted.



HAPPY BIRTHDAY TO MARSHALL CANCER CARE CENTER

July marks an exciting milestone for **Marshall Cancer Care Center**. On July 11, this beautiful facility turned 5 years old!

When the doors opened for our Open House in 2013, more than 800 people showed up to tour the new center devoted to cancer care. The following week, patients started coming for treatment. In our very first year, the Cancer Center treated 1,013 individual patients. In the past 12 months, only five short years later, that number has doubled. "With approximately 500 new cases of cancer diagnosed in Marshall County each year, not to mention the surrounding counties, the need was great and Marshall Cancer Care Center has sought to meet that need with the care of three outstanding physicians, a team of knowledgeable and caring staff members, as well as the convenience of quality cancer care brought closer to home," said Cindy Sparkman, Director of the Marshall Cancer Care Center.

To celebrate the 5th Anniversary, patients were given two special treats during the week of July 9-13.

First, a week-long celebration was held at the Cancer Center with punch, cupcakes and snacks for all visitors, with a gift of appreciation for patients. Each morning featured special entertainment in the lobby.

Second, patients and caregivers were treated to a tour of Hudson-Alpha Institute for Biotechnology in Huntsville on Tuesday, July 10. Transportation to and from the facility was provided, along with a boxed lunch. Hudson Alpha is a non-profit organization that specializes in Genomic research, which is beginning to play a major role in cancer diagnosis and treatment.

HEALTHY RECIPES BY CHEF JOE



Zucchini Bread with Icing

INGREDIENTS

Bread

1 1/2 cup all-purpose gluten-free or regular flour
1 tsp. baking soda
1 tsp. gluten-free or regular baking powder
1 cup quinoa flakes
1/2 tsp. nutmeg
1/4 cup ground flaxseeds
1/2 cup unsweetened almond milk or low-fat milk
1 large egg
1/4 cup extra virgin coconut oil, melted, or vegetable oil
1 cup zucchini, finely shredded
1/2 cup walnuts, chopped

Icing

3/4 cup confectioners' sugar
2 tsp. unsweetened almond milk or low-fat milk

DIRECTIONS

Preheat oven to 350°F. Spray a loaf pan with non-stick spray. Sift together flour, baking soda, baking powder, quinoa flakes and nutmeg, and set aside. In a small bowl, combine ground flaxseeds with almond milk, and set aside. Combine egg and melted coconut oil, mixing well. Add shredded zucchini and mix until well combined. Stir in walnuts. Slowly add dry mixture to wet mixture until just combined. Allow batter to sit for 10 minutes while gluten-free flour and quinoa flakes soak up extra liquid. Pour batter into prepared loaf pan. Bake for one hour or until a toothpick inserted into center comes out clean. Cool on wire rack for 10 minutes. Remove from pan and cool completely. To make icing, mix confectioners' sugar and milk in a mixer until well combined. Beat for 2 to 3 minutes until glossy. Top zucchini bread with icing when cooled.



ABOUT CHEF JOE

Marshall South is pleased to have Executive Chef Joseph Vance on its food services team. A New Orleans native, he enjoys sharing healthy, delicious recipes like this one.



KENTUCKY DERBY MAY 2-5, 2019

Next year's **Kentucky Derby** will be the 145th renewal of The Greatest Two Minutes in Sports. This is your chance to see it in person! Start shopping for a spectacular hat to wear while sipping mint juleps.

Off to the Races package includes:

- Louisville Slugger Museum – you don't have to be a baseball fan to enjoy this iconic museum and factory.
- The Hermitage Thoroughbred Nursery where champion thoroughbreds are born and raised.
- Lunch at Claudia Sanders Dinner House, a replica of the elegant home of Colonel Sanders of KFC fame.
- Undulata Horse Farm where you will tour the family farm and horse training facility.
- Derby Hat Boutique where you can shop for hats and accessories for men and women.
- Bourbon & Chocolate Hotel Reception.
- "Off to the Races" Dinner Party with Kentucky Derby Museum featuring a Taste of Kentucky meal with Derby Pie for dessert.
- The day of the race starts with Derby Day Riverboat Race featuring How to Bet lessons.
- Churchill Downs and America's most extravagant springtime sports party. You will be at the Derby all day, crowd watching, sipping mint juleps and placing bets while waiting for the horse race at the heart of the spectacle.

Price includes three nights lodging with 3 breakfasts, 2 dinners, 1 lunch, motorcoach transportation and Churchill Downs VIP Fast Access Pass.

Double: \$1,949 • Triple: \$1,749 • Single: \$2,249

\$100 deposit due by August 1, 2018, \$350 due by December 15, 2018, Balance due February 1, 2019

Helen Morrison

'Daredevil' is also a Hospice and food pantry volunteer, and an active GoldCare 55+ member.

Helen Morrison is a self-described daredevil. She has driven an 18-wheeler, been an avid motorcycle rider, zip-lined across a lake and even jumped out of an airplane on her 75th birthday.

"I've done a little of all of it," she said. "If my knees weren't bad, I'd still have a bike."

Morrison packed her lunch and her purse into the saddlebags to ride her Honda 1400 to work during some of the 30 years she was employed at Marshall County Gas in Albertville before retiring 13 years ago. She finally gave up riding when she needed to take care of her parents, and eventually had to have both knees replaced.

After retirement, Morrison didn't want to sit around so she volunteered at the Food Pantry in Albertville where she helps stock shelves and hand out food boxes on Fridays. She volunteers at Shepherd's Cove Hospice delivering flowers, sitting with patients or doing their laundry.

"Anything I can do for them, I don't mind," she said. "It's very rewarding. I enjoy it very much."

Morrison is a member of AARP, RSVP and GoldCare 55+. She also runs errands for her daughter Diane Pledger's business, Farmers Insurance in Albertville. Her son was killed in a car wreck in 1986 just before his 20th birthday.

"She's been my rock," Morrison said of her daughter. "I don't know what I'd do without her."

Morrison has one grandson and two great-grandchildren. She's involved in her church, Southside Baptist in Albertville, and mows her own yard and takes care of a good-sized garden at her home in Rabbitown. She attends all the GoldCare 55+ Lunch n' Learns, parties and events, and does a little travelling.

Despite the hardships Morrison has lived through, including a divorce, she is outgoing and always smiling and laughing.

"Life goes on," she said. "You can't give up. I'm so blessed."

At age 72, the fearless Morrison climbed on a zipline in Destin, Florida and went with a friend to the Cullman airport to skydive when she turned 75. It was great, she recalled.

"I'd love to go back and do it again," she said.

Her next adventure? She has her eye on a hot air balloon ride.



Helen steels herself to jump out of a plane on her 75th birthday.





Many Reasons. One Choice.

2320 Homer Clayton Drive
Guntersville, AL 35976

— SAVE THE DATE —
**GOLDCARE 55+
TRAVEL & EVENTS
SIGN-UP DAY 2019**

NOVEMBER 15 – 9AM-2PM
BEFORE AND AFTER
LUNCH N' LEARN (11:30-1PM).



— Clip and save for future reference. —

CALENDAR OF UPCOMING EVENTS

JULY 19

**GoldCare 55+ Lunch-N-Learn
Save Lives, Give Blood.**

LifeSouth Blood Drive Partners. Guntersville
Senior Center, Sunset Drive. 11:30 am
Reserve your spot one week in advance.

AUGUST 1

**Trip deposit deadline for the Kentucky
Derby.**

Trip dates May 2-5, 2019. \$100 deposit.

AUGUST 15

**Trip deposit for Blue Ridge Scenic Railway
and Gibbs Garden.**

Trip dates November 7-9, 2018.
\$100 deposit.

AUGUST 16

GoldCare 55+ Lunch-N-Learn.

"The Value of Volunteering" Betty Hendrix,
president of local auxiliary. Guntersville
Senior Center, Sunset Drive. 11:30 am
Reserve your spot one week in advance.

SEPTEMBER 1

**Deadline to register for October 11
GoldCare 55+ Mystery Trip**

Cost: \$129

SEPTEMBER 11

**Healthy Heart Cooking Class with Chef
Joe, Marshall South Women's Center.**

Plenty of samples! No cost but please call
to register (256) 571-8000. 4:30 pm.

SEPTEMBER 12

**7:30am Lake Guntersville Chamber
of Commerce Healthcare Breakfast,
Gunter's Landing Clubhouse.**

No cost but please call (256) 582-3612
to register.

SEPTEMBER 18-19

**\$5 Jewelry Sale, Marshall Medical South
POB classroom.**

Sponsored by Marshall Medical Center
South Auxiliary. Proceeds help purchase
special equipment for hospitals.

SEPTEMBER 20

**"Feeding the Body and the Soul," Nancy
Stewart, author and member Marshall
Health Care Authority.**

Guntersville Senior Center, Sunset Drive.
11:30 am Reserve your spot one week
in advance.

SEPTEMBER 27

**Guntersville State Park. Park and hike
to an overlook and through the woods
by the golf course.**

Meet at 10 am at the fireplace in the lobby
of the Guntersville State Park Lodge.

SEPTEMBER 27

**"The Best Protection is Early Detection,"
Marlana Holsinger, Mammography
Department, Marshall Medical South.**

Guntersville Senior Center, Sunset Drive.
11:30 am Reserve your spot one week
in advance.

For more details contact us at 256.571.8025 (256.753.8025 For Arab Area)